

# Peer Assessment

## Basic Massage

### *Preparation for Practical Block 6*

Assessment of: \_\_\_\_\_

Date:    /    /

Assessment by: \_\_\_\_\_

JUDGEMENT	<input checked="" type="checkbox"/> <input type="checkbox"/>
<u>Initial contact</u>	
Contact is established within safe boundaries of body contact	
Hands are warmed before the establishment of contact	
Therapist is relaxed when establishing contact	
Body contact is established using full palmar surface	
Initial contact is firm	
<u>Application of massage techniques</u>	
The selection and application of massage techniques is in accordance with the treatment plan	
The use of an appropriate lubricant in an appropriate amount (not too much – not too little) allows the therapist to apply massage techniques effectively.	
Massage relaxation techniques are applied in a whole body sequence	
Movement from one massage stroke to another and from one area of the body to another is linked by continuous flowing strokes	
Effleurage is performed in a manner conducive to relaxation in at least two body regions	
Petrissage is performed in a manner conducive to relaxation	
Compression is performed in a manner conducive to relaxation	
Vibration is performed in a manner conducive to relaxation	
Shaking is performed in a manner conducive to relaxation	
During the treatment the therapist works more deeply into at least one area of tension	
At this time touch moves from superficial & general to specific & deep	
Reassuring, flushing strokes are applied to sooth the local area after the deeper work.	

JUDGEMENT LIST		☑☒
<u>Application of massage techniques</u>		
Client is monitored throughout the treatment to detect any discomfort. Monitoring may include		
<ul style="list-style-type: none"> <li>• Assessment of verbal and non-verbal response</li> <li>• Breathing pattern</li> <li>• Skin temperature and colour</li> <li>• Muscle tension</li> </ul>		
Responses to client feedback are appropriate		
Client conditions or contraindications are taken into account during treatment		
All body regions of the client that are not being worked are covered throughout the treatment		
Bolsters are adjusted throughout the treatment to ensure maximum client support and comfort		
Placement of bolsters/pillows allows the candidate to apply massage techniques effectively.		
Contact is maintained within safe boundaries of body contact		
Client warmth is assessed at least twice during the treatment		
<u>Finishing massage</u>		
The gradual ceasing of physical body contact ensures the therapeutic quality of touch is not lost, and the client is prepared for cessation of body contact.		
Client instructed how to get off the table safely including sitting on side of the table for a period after the massage to compensate for light-headedness		
<p><b>Self Assessment</b></p> <p>While performing massage at this stage of the course pay attention to</p> <ul style="list-style-type: none"> <li>• Your observation &amp; palpation</li> <li>• The massage technique &amp; principles of massage</li> <li>• Your body mechanics</li> </ul> <p><b><u>Feedback</u></b></p> <p>Providing accurate feedback to your classmates is the best way to help them achieve success in their final exams.</p> <p>Peer Assessor (sign here): _____</p>		